

Arizona CTE Career Preparation Standards Framework for SPORTS MEDICINE AND REHABILITATION SERVICES

This is a summary of changes made to the program framework dated February 2006. Workplace Standards 1 through 35.D on the original list will be addressed separately. Other changes to the original framework are outlined below:

- Standard 36.D has been renamed **Standard A.** The measurement criteria listed under the standard have been renumbered (1-3) with no deletions or additions.
- Standard 37.D has been renamed **Standard B.** and measurement criteria have been renumbered as follows:

37.1d to 1	37.3d to 2	37.4d to 3
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Measurement criteria 37.2d has been deleted.
- Standard 38.D has been renamed **Standard C.** The measurement criteria listed under the standard have been renumbered (1-9) with no deletions or additions.
- Standard 39.D has been renamed **Standard D.** The measurement criteria listed under the standard have been renumbered (1-3) with no deletions or additions.
- Standard 40.D has been renamed **Standard E.** The measurement criteria listed under the standard have been renumbered (1-11) with no deletions or additions.
- Standard 41.D has been renamed **Standard F.** The measurement criteria listed under the standard have been renumbered (1-12) with no deletions or additions.
- Standard 42.D has been renamed **Standard G.** The measurement criteria listed under the standard have been renumbered (1-8) with no deletions or additions.
- Standard 43.D has been renamed **Standard H.** The measurement criteria listed under the standard have been renumbered (1-4) with no deletions or additions.
- Standard 44.D has been renamed **Standard I.** The measurement criteria listed under the standard have been renumbered (1-2) with no deletions or additions.

**Arizona CTE Career Preparation Standards Framework for
SPORTS MEDICINE AND REHABILITATION SERVICES**

STANDARD A--DETERMINE CRITICAL FACTORS IN PROVIDING SUPPORT AND CARE IN SPORTS MEDICINE AND REHABILITATION	
1	Apply psychology and motivation techniques to athletic training and physical fitness
2	Relate cultural, religious, and socioeconomic differences in individuals to their beliefs and values about wellness and rehabilitation
3	Describe an individual's reaction to injury prevention, injury and restoration of function
STANDARD B--SUMMARIZE KNOWLEDGE OF THE BODY'S SYSTEMS AND ITS DEVELOPMENT ACROSS THE LIFE SPAN	
1	Describe factors that influence body development
2	Use specific abbreviations and terms used in physical therapy, kinesiology, and sports medicine
3	Relate the demands of exercise and the results of injury on body systems
STANDARD C--APPRAISE WELLNESS AND HEALTH PROMOTION	
1	Describe concepts of wellness and the elements of active living
2	Assess the dimensions of health promotion and their impact on active living
3	Apply nutritional concepts to evaluate dietary intake
4	Analyze the relationship between dietary intake, physical activity, and body weight
5	Assess body composition and appropriate body fat values
6	Identify the ways in which humans can stay flexible
7	Determine the different types of exercise needed for special populations
8	Interpret cardiorespiratory endurance and strength tests to determine fitness
9	Examine the process of appraising fitness and developing a personal fitness plan

Arizona CTE Career Preparation Standards Framework for SPORTS MEDICINE AND REHABILITATION SERVICES

STANDARD D--PROMOTE SAFETY AND INJURY PREVENTION	
1	Apply strategies that individuals can use to promote a safe home and work environment to prevent falls, sprains, strains, and fractures
2	Use taping techniques and protective equipment to prevent, support, or treat sports injuries
3	Employ techniques that can be used to increase strength, mobility, and endurance
4	Perform standard first aid skills
5	Maintain knowledge of simple first aid and CPR procedures
STANDARD E--ASSESS THE IMPACT OF INJURIES, SPORTS TRAUMA AND PHYSICAL DYSFUNCTIONS/ DISORDERS ON INDIVIDUALS	
1	Identify the signs and symptoms of injuries
2	Relate the tissue's reaction to injury
3	Explain the impact on the body when there is a fracture or joint replacement
4	Describe signs and symptoms of nervous or vascular system disorders
5	Describe different types of injuries to the lower body, spine, abdomen, head and shoulders, wrist and hands
6	Investigate how injuries can cause secondary injuries on the body due to change of gait, carrying capacity, etc
7	Analyze methods of managing pain including medication and complementary approaches
8	Identify situations when emergency treatment is needed
9	Use proper body mechanics when transporting an injured individual
10	Select the needed transport procedures for the injury and setting
11	Use methods of stabilization such as bandaging and taping

**Arizona CTE Career Preparation Standards Framework for
SPORTS MEDICINE AND REHABILITATION SERVICES**

STANDARD F--SUPPORT A REGIMEN OF THERAPEUTIC AND MOBILITY EXERCISE AND TRAINING, AND RECONDITIONING	
1	Prepare the individual for the exercise, training, and/or reconditioning
2	Select appropriate equipment
3	Provide necessary instructions
4	Discuss strength, mobility, balance and pain control
5	Explain indications, contraindications and safety precautions for aerobic and weight training
6	Explain indications, contraindications and safety precautions of various therapeutic exercises such as isotonic, isometric, and isokinetic
7	Select needed exercises, training, and reconditioning regimens for various types of individual situations
8	Analyze methods of managing pain including medication and complementary approaches
9	Identify situations when emergency treatment is needed
10	Use proper body mechanics when transporting and/or treating an injured individual
11	Select the needed transport procedures for the injury and setting
12	Use methods of stabilization such as bandaging and taping
STANDARD G--USE SELECTED THERAPY MODALITIES	
1	Ensure preparation for treatment including transfers and positioning for comfort and support
2	Prepare the individual for the treatment with any special instructions
3	Select appropriate equipment
4	Explain indications, contraindications and safety precautions related to the use of superficial heat, cold, light and electrical stimulation applications
5	Explain indications, contraindications and safety precautions related to the use of whirlpools, paraffin, and ultrasound

**Arizona CTE Career Preparation Standards Framework for
SPORTS MEDICINE AND REHABILITATION SERVICES**

6	Explain indications, contraindications and safety precautions and proper techniques for gait training such as weight bearing, assistive device, prosthetics and orthotic devices
7	Apply selected therapy modalities in accordance with needed treatment
8	Provide a report on the response to treatment
STANDARD H--SUPPORT COMMUNICATION OF REQUIRED INFORMATION AND MAINTENANCE OF NEEDED SUPPLIES	
1	Report results of observations and treatments in appropriate documents
2	Select the billing appropriate to the environment
3	Check for adequate inventory of supplies
4	Use proper protocol for ordering needed supplies
STANDARD I--DEMONSTRATE ACTIVITIES THAT REFLECT CURRENCY IN THE PRACTICE OF THE ASSISTANT ROLE	
1	Use resources common in the field to stay current with advances in sports and rehabilitation therapies
2	Assess the benefits of active involvement in local, state, and national associations and organizations